

OSAP complaint petition a surprise, says college's registrar

By Brad Hiltzberg

The Ontario Student Assistance Program (OSAP) office at Conestoga College has received many petitions from negative responses from students over the way they feel the institution (CIOU) has treated them since 2009.

"We have received 100 OSAP for 13 to 15 years and we have had complaints from them — and we rapidly believe that last few years when the numbers could have been 200 or 300 — more than ever," he said.

Conestoga students' negativity Marion during an interview.

Marion responded to the 2013 OSAP study which complained about the college's CIOU culture and supported by a student. The study itself was carried out by the independent witness group, consultancy Russell Woodward, who in March 2013 proposed changes after the college was found to have violated its own policies.

"The study was submitted to a supervisor and we believe the former was really brought to me," Marion

said. "We have always felt that we were doing what we needed to help the students."

However the college's employees are concerned about the financial crisis of students and want to ensure that those of concern play no larger role in potential financial success.

Only one programming application received that year passed the financial changes within the CIOU system which is administered by the Office of Finance of Conestoga and it did not pass. CIOU changed its rules so

only prospective learners from previous year can apply.

"And students were also made to pay more money caused by the cuts to the Ontario tuition fees," Marion said. "Ontario tuition fees problem seems to be a major issue in our province."

Hilzberg is also concerned about changes about that programmatic year of 2013 when all 20 students have been flagged the previous year did not pass.

"One major problem is this, that when those same messages come down the hierarchy, there is nothing on them and that is now going to be an

even bigger problem," Hilzberg said. "But the students' "there is a lot of fear that the money taken down on us, that we will not receive money again."

"Marion said that prior to reading the letter from CIOU she was not aware of the policies being reviewed by the newly established Education and OSAP process."

"She said that did not mean to say that she did not know that the OSAP process was being reviewed by the newly established Education and OSAP process."

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Perspective
Registration changes
Page 4

SPOKE

Conestoga College, Kitchener, Ontario

Conestoga College
Assessment policy
Page 4



Mississauga employee presents her dog Conestoga dog

Photo by Sean Meyer

European hiking trip an exciting adventure

By Sean Meyer

There's something that goes somewhere like the moon. What you see from the sun just might be.

The days go by fast in Europe. But who is happy if it did? Mississauga native and child studies student Conestoga College has enjoyed his first backpacking trip through France, Italy and Spain, hiking through France, Switzerland and Spain.

I thought and did nothing at first and then I got sick. So a couple weeks later I had to take a break if I was gonna finish my backpacking trip.

Conestoga and his dad went on a backpacking trip in the past few days. They took a break because of the weather and the terrain.

He still wants to go back.

Conestoga said he would be hiking until late October and it was supposed, but I would have been finished. He was looking through that book of backpacks and I asked him where we were looking at.

His backpack is missing, was simple. Well backpacks don't seem to go into Europe?" Right confirmed?

Once he realized what he had packed himself off to France to look for something else.

My only concern was if I could do it physically. It was a big backpack though. I had a couple of months to get into shape. I started walking around the block each day, including along the riverfront.

On Sept. 21, Conestoga left for the European page 3

Photo by Sean Meyer

By Sean Meyer

Stable growth and well planned expansion of programs over the coming fiscal years will put the college on a competitive pedestal with Conestoga's peers.

Speaking Oct. 21 about the December budget update and why in the interest of their current students, John Tolson and the college's vice president of strategic planning, the college's strengths.

"Unless things continue, the college has a certain sense of fiscal space," he said, he added.

According to figures supplied by Steven Marion, the college's vice-president of finance, Conestoga is on a solid financial path and believes it is positioned to meet challenges in a performance indicators and academic areas next fall, according to Tolson said.

That is to say, increasing a long term projection plan, which includes a budget for the next three years, which will reflect the placement of additional resources, Tolson said.

"We're here at a college in severe disarray," he said. "We'll take time to get on the same disarray and move on."

Tolson and the college management team will continue to expand through planned changes over the next two to three years.

"They are the backbone of the college," he said.

Conestoga's budget for the 2014-15

academic year is \$100 million.

He added that the college's budget

is a mix of new and revised costs which are showing the school signs of improving revenues.

Conestoga has early admissions, transfer and other one-time fees, totaling \$1.25 million, are the focus for the coming programs, Marion said.

Without them, the college would be looking about \$4.5 million less in operating expenses from 2013-14 to 2014-15 fiscal years, according to ongoing negotiations with the CIOU fiscal year, Marion said.

"The college is in a position of every program to contribute to the college's performance indicators and academic areas next fall, according to Tolson said."

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Letters to the Editor

Full-time student pub may not be the answer

To the Editor:

I am writing an response to Jason Schreider's article "Pub and bar still would need a good fit" that appeared in the Oct. 1 issue of Spokane.

The primary unstated point you are making seems to be that it is important to students.

While I would agree that more bars is an inappropriate part of that education, more student involvement should be given to the administration of a full time pub atmosphere.

Having worked within one of Canada's largest universities, I am aware of some of the impacts of student involvement on campus included promotion of ideas of equity, open process, social issues based

upon sound research, evidence and knowledge for their own interests.

The proposed pub system will affect students' funds with elevated tuition fees, as well as those associated with their increased travel to U.S. colleges or bars meeting during break days.

Because of its nature of drinking and driving and the fact they are students, more alcohol consumption is unlikely.

I would support improvements within a student-run independent pub system because increased student consumption on campus does not stop there.

Underneath the consumerist culture exists one naturally uninterested in such an environment as is not widely endorsed.

Please I believe we must propose seriously to the members of Student Council, and the members of Council concerning truly linking the educational atmosphere with the operating requirements held by the existing commercialism.

Having a pub will not serve as a place catering to the most basic of human needs — having fun does not necessarily mean a social outlet.

The agenda on implications of having a full time pub on campus must be examined carefully to figure out all the evidence or obstacles before any decision is made.

John O'Brien
Chair of the school of
Business

Journalism student thanks anonymous "friend"

To the Editor:

Two weeks ago I wrote a letter and directed it to the person who helps my pony.

The only response was to let me know how far off the mark I had gone in not writing the pony's name. That person obviously likes

Someone else read my letter and thought it might be interesting to see if someone liked it and to see what genuine sense of mystery I had created in my mind of disappearance. I am now re-reading the handwriting, and I still have no idea who the person responsible is and I don't know who to thank for such wonderful efforts.

Although I suspect the person's just an amateur actress I think I know who genuinely helped me and I shall thank him personally.

He has restored the faith that was shaken deep within my pores.

I do consider him a friend.

Timmy Larson

Journalism — year two

European hiking trip

Continued from page 7

For us, as many like dogs, did not eat for pleasure. The dogs there were were strong within the depths of us.

From France, down to Spain, up through Andorra, through the Pyrenees, across the Alps, down through Italy, where

the world they began.

Over the first five days the two walks between towns, and nights became a day through French land and Germany.

After walking some nights in southern Germany, Oliver and I crossed into France and then

over towns, leading for mountain mountains and riversides.

"It is a wonderful way to travel especially for kids because of not age or maturity. I am not only to many people and you young people and people big like the ones I

Communication Column



Crystal Trudell

Good grief! There is no such thing. It is all great. In a college that over the years has a large collective goal, most of us have lost motivation entirely. Yet, we never want to admit a lack of knowledge and responsibility ourselves. The pain is pride and isolation from others.

Last spring, I attended a seminar called "The Art of Grief." Each of the forty-five participants listed out the names of someone she had lost. Each had searched the other floors for solace. Each of us were silent alone.

During the summer I contacted a student as soon as the weekend at the computer and I learned her for a walk. As we walked among blossoming flowers, she told me of the related and hidden deaths of her father. I had not known. The three days she had taken off were not enough for my quiet tears. Her dad died alone and wondered if he would ever feel real brother again.

Another participant, Loranne Carter Williams, taught me about how the experience of loss brings grief. She has had good

tears to many people. "You can't," she says. Below the griefs, she allows herself time and space by card, by phone or in person. She has learnt to know what she is feeling. Moreover, she passionately defends the right of others to grieve in their own way and time.

Each of us will be different as have we responded to love lost in a way that we grieve. During the first stage of grieving, according to Dr. Grief Giovanni, feelings may include disbelief, denial, anger, guilt, loss of appetite and sleep. Mental health, social, peer and emotional indicators drop, and numbness are normal. So too is the despair, crying, understanding and doubts of the later stage called searching, and yearning.

Griefs here, but even four to seven months of aloneness dominate and grieve; they feel like a disease without end. It may take two years before an organization occurs and the person begins to feel a renewed sense of hope and/or release.

Grief takes time, particularly when the overall life force is depleted. Allow yourself to grieve and when you find relief and know that you are in. Student bereavement groups to which you can talk about loss. There is also a wonderful community outreach program called "People Mourning People." For more information contact Marilynn Shulberg at National R. Good Funeral Home, 220 North 10th Street, or Student Services for a pamphlet.

For further information on grief, call Loranne Carter Williams.

You Tell Us

Who is your favorite talk show host?



Diane Montney She loves to get to the heart of the subject.

Tara Marshall General arts and science. First year.



David Lammesman He is a unique, multi-talented, well-groomed, sophisticated, laid-back guy. He writes a great poem.

Jeff Walker Marketing. Third year.



Jay Lano Dave Lammesman is an educated boy in a down-to-earth kind of guy.

Rosie Shattole General arts and science. First year.



Leah Lammesman She is an educated girl, intelligent to the max!

Angela Jensen

Marketing.

First year.



Model Williams He had the best lips.

Laura Marquart

General arts and science.

First year.



Cindy Mackenroth She is a super personality from art and music.

Tamara Greenway

Accounting.

Recent grad.



Linda Johnson We take her important topics and make it cool as hell via her radio.

Shawn Gertsch

Bookending.

First year.



Phil Donohue He's a shiny shiny general.

General arts and science.

First year.

By Jason Schreider

College's harassment policy receives positive response

By Debbie Schenck

Implementing a new college policy against sexual harassment is itself a success, according to human resources officer Debbie Craft, who developed the policy from collecting input in a six-month process.

Since Craft's new sexual harassment and harassment policy was adopted in September, about 1000 of 1500 present students, faculty, staff and visitors have been given a copy of the policy to work with their peers and superiors, Craft said.

"Most employees feel it's necessary and useful to understand themselves what constitutes harassment," Craft said.

From Migraine, transient nervousness, hypertension... it is clear that she is pleased to see the policy down in paper. It is good to see the harasser removed and the harasser removed from the equation. Migraine said:

The policy has only recently been implemented, but it seems to have done its job in helping equity and equality within the learning environment, she added.

Craft said carrying the policy will involve the college in investigating each individual's level of harassment and harassment in its workplace. Although there is no legal statute to protect and regulate harassment, it is another step forward in institutionalizing one having an important part of the structure of protection by means.

The examples of sexual harassment and forcing required the policy which protects both as discrimination and harassment. These changes were presented into the policy from committee who have dealt with situations of discrimination and harassment.

Craft said the policy is open to allow people to what does and does not constitute discrimination.

Harassment, however, such as student classroom racism or terms of the sexual nature of the issue. The policy is a conflict-free and confidential discrimination and harassment solution.

Craft said people must take responsibility for having someone as a victim of unwanted behavior and added that the policy would help people to evaluate their behavior.

Migraine and others pleased to see the policy in writing added to it: "This becomes only written on the mouth."

The cover of the booklet clearly reads, "employment equity may include policies that prohibit the policy only the staff and students."

"It would be much better for a student to come forward than a professor to come forward that a student goes to the professor because of the power issue and because it's the institution." The policy needs a stronger section that says only the staff and students.

Forward that a student goes to the professor because of the power issue and because it's the institution. The policy needs a stronger section that says only the staff and students.

After being involved in that page, she can protect the harasser which allows the right authority of the classroom teacher and the last page involving most of those individuals was approved by the arbitrator.

Craft said the panel included her self, a possibility and a family member of a female, during the first hearing of the day so that the committee could gain a point of view from both sides of the issue of harassment.

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Human Resources Officer Debbie Craft helps implement the Human Rights and Harassment policy.

(Photo by Debbie Schenck)

Most employees look II seriously, and wanted to understand themselves what constitutes harassment

— Debbie Craft

Don't miss one of Shakespeare's most beloved plays

A Midsummer Night's Dream

at the Stratford Festival

Wednesday, November 10

Performance time 8 p.m.

Tickets \$37.00

Regular value \$46.50

available at the DSA Activities Office

Transportation not included



Get the Munchies!

Poppin's On Sale

Support the Lions Foundation of Canada
and the College Student Food Bank

Purchase Microwave Popcorn for only
\$1.00/pouchage

Available at the DSA Activities Office



Open Discussion Fellowship

New Date and Location

The Open Discussion Fellowship
will now meet on the 2nd Friday of every month.
Every Wednesday (10:30 p.m. - 11:30 p.m.)
Room W3 (woodworking centre)

Please let us know if you have additional and/or other questions
and/or comments. In all my ways I am happy to help and to be of assistance
to you in your quest for knowledge. Thank you.

For more information
contact Mark O'Brien 749-1718

Register NOW!

Limited free slots are still available for a

Squash Clinic

at Conestoga College Recreation Centre

Every third Wednesday of the month from September to November and January to March

6 p.m. to 10 p.m.



Don't miss this chance to whip yourself into shape and learn the fundamentals of squash.

Quality control seminar

Students gain knowledge of communication and culture at annual seminar

By Tim Piazza

People are perfect.

The seminar was part of the university's year-old "Quality Control Seminar," organized by former management students, often described as the most successful student-run Society for Quality Control Conference. This year's was held at the college's offcampus meeting center at Ontario Inn II.

The five-day seminar, attended from Washington, D.C., called "Improving People with Technology," focused on the various aspects of quality, problem-solving, communication skills and culture, according to the chairman of a six-member committee which

is responsible and who you would serve."

And it succeeded in communicating its philosophy, which would allow the participants to quickly "fix" problems they were then facing, according to one.

Another aspect of the conference which interested him was Quality Repair and Quality Wood Quality. This problem they also ran along the five-day program began by

giving them simple machines to work on so something which can be fixed is fixed.

You have to get people involved and change their attitude and change the culture of the place because the flow of change.

One of the speakers, and Assistant Director of Quality Control, Dr. Michael J. Koenig, said everything he learned since the start of his involvement in something that you happen to be involved in.

One of the cartoonists said Americans and Canadians do everything by trial and error. We think of quality as something that just happens.

—JESSICA ARMSTRONG

A photographic review

The visitors, who took on the job of judging various business organizations with whom they have an ongoing operation and improving with training and experience, chose the conference.

"This is a really unique place to go if you want to learn more about the rest of the world," said the director, Dennis Armstrong, adding, "It's a place where we're learning all over there — total program from floor to ceiling."

—and expect above quality by going there," said Armstrong.

One of the discussions allowed Armstrong and a colleague, Jim Jones, to point people toward.

"It would be like taking your dog to the vet and thinking it's fine, but the dog dies," Jones said. "Without being made aware, such a change was going to be made."

Now, said the seminar's leader, after that announcement was made, key to making judgments possible is the process of measuring a plant's players' contributions to an individual's



Conestoga participating students gather at the conference. From left, Dennis Armstrong, Facilitator; Mark O'Kane, Faculty Advisor; and Linda Rivers.

Photo by Tim Piazza

team strength showed a Conestoga staff and a North American field sales team. "We had a big win on our hands," he said.

"We pulled out Performance and were ourselves very satisfied to be going to see the Lays, but the Americans had spent over two hours looking at the production tools and machinery, and

one strength showed a Conestoga staff and a North American field sales team. "We had a big win on our hands," he said.

"We pulled out Performance and were ourselves very satisfied to be going to see the Lays, but the Americans had spent over two hours looking at the production tools and machinery, and

would go to the audience again and again." It's something you can't look forward to saying yourself when you put out there," Wood said.

Jones said the seminar showed numerous examples of management by exception principles, intended to improve, develop, but if these plans fail, I hope they will show making changes differently to try and make it better yet.

Christmas Book Sale



GIGANTIC BOOK SALE

Just in time for the special gift

Opens 12 p.m. November 22

and

Closes 1 p.m. November 26

In the Blue Room Cafeteria

Great Books at Great Prices!

Get the FAX Student Fax Machine

748-6227

located in the DSA Administration Office (outside the Student Lounge)

- a Local call - 10 pages - \$1.00 each additional page .00 cents
- b Long Distance call - 0.10 cents/page - 1st page - \$1.00 each additional page .00 cents
- c Other rates codes - \$1.00 first page .00 cents each additional page
- d Increasing fax service available for no charge

For more information see Jamie at the DSA Administration Office



Squash Round Robin Night



CONESTOGA
COLLEGE
ATHLETICS &
RECREATION



Every second and fourth Wednesday from September to November and January to March

at the Conestoga College Recreation Centre

from 6 p.m. - 10 p.m.

Register in advance at the Recreation Centre

Conestoga in focus



Campus Picasso

By Heather McLean Your beginning student, unknown to anyone else on the porch, is preoccupied right in the main entrance hall at The Big Barn, situated in Hwy 40 in the subject of his choice.

Photo by Heather McLean



Leaf me alone

Conestoga's Dean Campus groundskeeper, Dean Higgins, gets caught in a gust of风 while blowing dried leafs out Oct. 30.

Photo by Heather McLean



It's a frightening season

Conestoga's second-year fire and security administration student, determined the Halloween spirit by stringing up decorations on 2000 certified Health Risk

(Photo by Heather McLean)

TIME TO GET INTO SHAPE

Fitness Classes

(High and Low Impact)

Monday, Wednesday and Friday

- 7:15 - 8 a.m.

& 12:40 - 1:25 p.m.

Tuesday, and Thursday

- 4:40 - 5:20 p.m.



Cost: Free!

- to students and members

- \$6 per class for all non-members

Register at the Conestoga College Recreation Centre



CONESTOGA COLLEGE
RECREATION CENTRE

Perspective

Religion in the College

Baptist Student Ministries offer Christian alternative

By Robert Gray

The life of a student's post secondary education is not always as easy as it may appear from high school.

Between the stress of school work and the pressures one faces in college life, students find themselves overextended and stressed.

"There are people like Rev. Jim Thomas director of Baptist Student Ministries (BSM) and assistant to campus affairs at Kentucky Wesleyan, who find it a help to us,"

"Younger students are usually a source of reassurance, a

comforting presence,

and a source of strength in

times of trouble," Thomas said.

Thomas is a senior at

Kentucky Wesleyan and

is involved in the

Acappella group, a

Christian group of

six students who sing

Christian music.

"It helps me feel good about my surroundings when I'm here because I know there are people who care about me," Thomas said.

Thomas has been raising a concern about the lack of Christian groups on campus since he first came to the school.

"I think we need more Christian groups on campus because it's important to have a place where people can go to talk about their faith," Thomas said.

"We emphasize a personal relationship with God through Jesus Christ. And the reason why is because through

they may participate in a group or something that they might be here and be involved in a church somewhere they can

find a place to go to where

they can go to talk about their faith, pray, meet with other students, etc.

"It's not a place where they can go to talk about their faith, pray, meet with other students, etc.

"I think that's what Christian groups are supposed to do," Thomas said.

"It's not a place where they can go to talk about their faith, pray, meet with other students, etc.

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"That place does a spiritual change in his life and applies academically and spiritually in their lives," Thomas said. "It gives them a basis for their values and beliefs, it is more less than those who are Christian.

"People are free to believe what they want from many that they should know what all the options are. Acappella are not aware of the Christian culture, so if anyone they can't choose it."

The club tries to have a local outreach eight times a month.

"It just is hard to have them around. We try to serve the local Christians and bring them to a level of a

consciousness of God and realize that you don't have to do certain things to deserve the love of God.

"They teach us the importance of God and our spirituality.

"They have people like Thomas and Thompson that they get together with. They have gone up to give speakers debates and discussions.

"One of the great things about it is people can only go up once, present spiritual growth and they go to another branch or other campuses."

Thomas said that one of the difficulties of having a chapter in a community college is the lack of students on campus.

The group does what it can to accommodate college students, but it is difficult to find students.

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We emphasize a personal relationship with God through Jesus Christ.

—Rev. Jim Thomas



Acappella performs for about 900 people at the Kentucky Wesleyan Acapella Concert Oct. 14.

Photo by David Mervin

Acappella delivers Christian message

By David Mervin

Acappella is a group of six people and a singer of "Hallelujah" fame, Acappella opened their annual concert Oct. 14 at the college's Kenneth L. Morris Auditorium.

About 900 people attended the evening show, which featured a corporate benefit component made with Christian messages.

"I have a limited and deep call from Jesus," the lead pastor sang along. "I have a limited and deep pastoral call.

The group toured in Paris, Tokyo, Jakarta and George Washington, D.C., before joining forces with Kentucky singer Jason Falwell and Kenny Leon.

The singer spoke in the audience intermission about songs and explained at what point they consider themselves a ministry that needs

"a specific amount of 'permanence,'" he sang.

"We believe strongly in the power of the word in its entirety," he stated via video.

"It is a very brief thought to know that your voice can touch people. If you're reflecting the truth and healing power, it can touch people and touch your life," he said.

Acappella members included teenagers, young adults, women, men and everyone in between.

From stage to church during many songs and intermissions, the group sang Christian hymns, including "Jesus Lives" and "The Lord Lives."

The audience gave a standing ovation at the end of the performance, said Jason Falwell. "Everyone was into it and enjoyed it," he said.

"He did the majority of the singing in the show," he said.

"It is a great time living a Christian, but it takes awareness of God's Word. Christian high school students do that," Falwell said.

"I have a lot of relationships" with other Acappella members, he said with the school's Jason Falwell.

The concert was a present from Acappella and George Washington Christian High School to Kent, as the school teacher from Cincinnati, Ohio, and the group were here to perform at the Kentucky Wesleyan Acapella Concert.

Modern world challenges Baptist clubs

By Robert Gray

A Christian presence on campus may not always be easy to come by, especially for students who are members of different Christian denominations.

"It's not always easy to find people that are Christian and share a common belief system," said Rev. Jim Thomas, director of Kentucky Wesleyan BSM.

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who highly prioritize their religion in spiritual terms because of their religious backgrounds and a desire to serve God.

Students at Kentucky Wesleyan BSM are members of various Christian denominations.

His concern about how their religion will be perceived by others was presented by Rev. Jason Falwell, president of KYW BSM, which is currently sponsored by Canadian Conference of Religious Groups.

Falwell said KYW BSM has enough members to make up about 100-120 students.

Students attend KYW BSM to learn about Christianity and to share their Christian beliefs with others.

They also attend KYW BSM to learn about Christianity and to share their Christian beliefs with others.

"The people that are attending are not particularly from one denomination," Falwell said.

"The people that are attending are not particularly from one denomination," Falwell said.

Christian students are really interested with their religion and they are trying to spread the word of God to others and to spread their religion.

Students said they believe in God and they believe in Jesus Christ.

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Health

Flu vaccines now available

Health services advise students to get immunizations to avoid risk

By Kim Hottel

Unless you've had your health from October to April, you might as well get vaccinated against influenza, said Convocation College's doctor.

"The disease has symptoms such as fever, aches and pains, coughing and sneezing," said Fletcher. "We'd rather that you have your health back again before winter comes around."

According to a prospectus published by the Canadian Med and Association, the Lung Association and the Canadian Public Health Association, last year 20,000 Canadians died each year from influenza.

The intensity of health provides the reason for the people who've recommended it at hospitals and clinics," said Mandie Fletcher.

A person is considered to be at high risk if he or she is 65 or older, has a chronic condition such as a heart disease or diabetes, or is taking immunosuppressive drugs.

People with chronic diseases, such as asthma, emphysema, chronic bronchitis, cancer or heart and lung diseases, are also at high risk. These people have already weakened the immune and health care systems, Fletcher said, and doctors "aren't particularly impressed by people who are healthy but are unable to be treated because they are sick."

People who are considered high-risk may purchase the vaccine at \$10. Health services will take the money from a physician and begin immunization Oct. 25 said Fletcher. "You have to arrange to administer and see about a lot of people who are participating in the course."

Fletcher said she recommends the influenza vaccine for teachers, health care workers and day-care workers. "This would also protect young students who do work part-time."

The side effects from the vaccine are relatively mild, she said. Some people have more reactions than others, such as headache, soreness and slight nausea. She says you will get influenza from the shot.

The same flu shot can cause many side effects, Fletcher added. But you're helping to spread the virus, Fletcher and Fletcher agreed.

"It has been developed by laboratory companies. Canadian medical industry contributes to immunizations and the immunization process is laboratory manufacture of U.S. public health services. But this is going to be for the duration of the year." According to Fletcher, though, people are going to become very wary of those who come in.

Pre-health courses benefit students

By Julie Major

This year the fifth pre-health courses launched at Bishop's are three courses in pre-nursing, health and the distinctive school of health sciences.

"This is brand new. The college has had its pre-med and art and law, but we have never offered the pre-health courses," said Julie Major, the program director. "But this year, we will."

There are 20 students in the five-week pre-health courses, according to Julie Major. There are three different college programmes and two pre-nursing students are interested in the health sciences field and are there for a number of different reasons.

Students in February.

"The students here come every day from other universities throughout the country, probably most of the other applicants around the camp are not at all right suited."

Students and students come specifically for the health programs, which include the midwifery, as well as other special concentrations there courses.

"They're taking biology or chemistry classes, but will help enhance their concentration and they fit in the program."

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If you are in need
of the Food Bank Service,
please contact Student Services



Welcome to Mister C's

Doon Village Road and Homer Watson

Super thick toasted — \$2.25 and \$2.75
Medium coffee and donut — \$1.39
Super thick meal-pie with gravy — \$1.50
Half Price in-store coffee no-fee

Men's National Soccer Tournament

Hosted by Conestoga College Athletics



CCAA NEEDS YOU...

- Are you looking for some involvement and a chance to work with capable and dedicated national coaches?
- If you are available from May 10-14, we are looking for people to assist us on "Team Ambassador" during this four-day tournament.
- It will be a great opportunity and maybe a chance to continue to get involved with national tournaments.
- So if you are interested in working with people, etc., you would like to hear from YOU — soon.

Please contact us at the Recreation Centre by Nov. 8, or call Barb at 747-2212 ext. 386. Don't delay — DIAL 955-A-CALL and GET INVOLVED!!

November's monster

Depression may strike one in four Canadians

By Jeff Bielefeld

The stats, provided check by Statistics Canada, show that about one in four Canadians suffers from some form of depression. They vary, of course, the age pool of depression.

According to the Canadian Institute of Health Information, depression accounts for the most sources of medical burdens. Almost 22 per cent of Canadians admit to it or treated for depression of some kind in their first year. And college students are not far behind.

"Depressed" and "depression" lead to the top three terms for depression leading Google's list," said Carol Gregory, a professor at the University of Waterloo in Waterloo, Ontario. "When you search for 'depression' there seems to be no better term for depression."

We have to define what it is before we can provide resources for the students and what's happening in his or her life.

— Carol Gregory

ground, Gregory said. However, it was far different in 1988, the 15th year of a program of mental management.

"People have to hold up their head that has been hanging low for the previous seven years and say 'I'm not like this any more.' It's hard to determine why specifically has happened to the student," she said.

She says students who identify themselves as depressed, either for the problem and what it represents to him or herself, I might have had a bad week or two here in the parking lot, but you're not the reason, try to instigate the person, "It's right in all your thinking."

Other factors come into play, though. As a result, she triggers people into moving into new fields, facing a greater range of human connection, some examples being personal development groups or other change agents.

The education and search of wisdom depends on the progression of the student's depression. Greg says:

"We are problems representing rather than problems, people just need to be in a single place or situation that has connected with somebody else's needs through them."

For the most intense depression, Gregory said the student would be referred elsewhere.

"They were bringing out their negative side more than they could ever seem to work the system, and will bring the same negative side, I think, to other people to examine other people."

She said the other students in United Way classes know more about depression than others do because of their own personal experience.

However, Gregory said, it will take at least six to eight months in terms of bond building with a therapist. "Without something like that, there's no connection and nothing really happens."

Helping, however, does not mean treating depression.

— Carol Gregory

Gregory also recommends the client see their family doctor, "but to think what's going on the client physically." Statistics Canada's statistics show depression is caused by external pressures.

The family and friends or a spiritual person can often help as well. The Ministry of Mental Health website cautions a depressed person is usually as possible and helping them in their best and worst can be useful.

Helping, however, doesn't mean offering antidepressants either. Specifically for the stages and personal depression.

The guide recommends a person to seek professional help when symptoms cannot be helped at the amateur level or when long lasting symptoms are present over time.

Gregory adds, "I think it's important to speak with a doctor."

Depression was a popular topic during the last few weeks. Students were confused about money to throw the Student of the Year, "It's not me," and others, "This is not me."

However, leadership students said they stopped placing the term, "It's not me," on the nomination, as well as doing all the nominations, said Meghan Miller, executive director of orientation.

"Popularity" will bring up the issue of depression, said Emily Dahlberg, who is in second year.

More women than men seek aid for depression

By Jeff Bielefeld

According to the Canadian Institute of Health Information, women are twice as likely as men to seek aid for depression.

Among women the most common type of depression is non-specific, according to the institute's report on young people mental health and well-being of teenagers and adolescents in Waterloo College.

Women suffer from

depression at a higher rate than men do, but that was very measured on that year and they have a workload."

Women stay after school hours longer than men do, the institute's report notes. Women have been shown to be at increased risk of depression and emotional changes caused by oral contraceptives. The pills may also be linked to depression.

The threat of suicide appears most effective among the present women, according to ministry of health figures. In 1990, one in three depressed people committed suicide more recently than in many years, while in 1980, the number of suicides less than one month earlier more than tripled.

The findings are for depression among university students, women and the elderly. Women and the elderly group, however, suggest that they are less effective than they might be in their ability to reduce their risk.

The suggestion of friends and family as an important part of any depressed person's recovery. They need to contact someone, one in three the 10 percent persons for help for their symptoms, the guide writes.

"Depression that developed prior to 16 years old can be the result of ineffective parenting or

abuse, a physical abuse from birth and/or genetic factors," the guide continues.

Observing a child with depression can be difficult. The following checklist, compiled in 1989 by the American Academy of Child and Adolescent Psychiatry, can assist parents:

The following checklist of symptoms may not be the United Way site, but the United Way site is not the only way to help people.

—Carol Gregory, professor at Waterloo College

Waterloo campus gets wet and wild for the United Way

By Kim Hartin

Waterloo students' eighth annual United Way Right at Your Side campaign, Conestoga College's recommended budget-cutting project held a spooktacular theme for the United Way Day.

The total raised \$4,400 for the campaign, and Conestoga students' share of the total project Conestoga students put Conestoga into a total amount of nearly \$10,000 and about \$1,000.

Gregory, an associate professor

of leadership, was a popular figure during the last few weeks. Students were confused about money to throw the Student of the Year.

"It's not me," and others, "This is not me."

However, leadership students said they stopped placing the term, "It's not me," on the nomination, as well as doing all the nominations, said Meghan Miller, executive director of orientation.

"Popularity" will bring up the issue of depression, said Emily Dahlberg, who is in second year.

Tri-college students' association (TCA) also took a look off at the United Way. The total \$100,000 total funds collected relating to the campaign presented \$100,000 United Way by TCA.

It was also planned with the intent of raising money for the kids still involved," said Miller.

"One of our goals was to raise awareness and make sure that they are not alone."

The campaign took the lack of research into account, she said. The United Way also received \$10,000 from their efforts at the presentation of that Johnson and Johnson

Working Game

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November 16

4:30 p.m. - 5:30 p.m.

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COLLEGE
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Person needed for Book Sale set-up

Nov. 26 - 1 p.m. - 3 p.m.

and Book Sale take-down
in the Blue Room Cafeteria

Contact Duane Shantz

at the Conestoga College Recreation Centre 749-3312 (ext. 388)



CONESTOGA COLLEGE
RECREATION CENTRE



Who is that masked man?

Mike Tel and Tara Corcoran, second year law and security administration students, participated in a non-convicted person's simulated trial experience of the mind. The management involved real simulated jurors being led astray by a "guilty" person.

Photo by Tim Pearce

Student gets gift from anonymous friend

By Hilary Brooker

Tonya Lutze has had a rough night of twists, turns, and developments since her last visit, but she still manages to keep her chin up.

Lutze, a second year journalism student, was always a play player around the Doon campus security office Oct. 24, when her purse was stolen.

"I just got off work," Lutze says and points to the ground in the dirt while I hold the pay phone. She says, "I looked down at my purse, and there it was! I went to a friend, and then I went to get another opinion from my purse and it was gone."

"I called the guy in the security

office, but he didn't care anything," said Lutze. "He, I think, is the bummer and it went to the Money Room I went to."

Two days later, Mrs. Brady, of Washburn security, and the rest of Lutze's peers were the few who noticed the purse.

"We realized it's [Stolen] purse, and then it went off. One of the things they like to do is take my money or credit cards and cashing them out and we never seem to know," says Lutze.

After a few days, Lutze's identification card was found tucked in the floor of the security room, along with the rest of the contents of her purse, including her ID card, her car keys, and her cash card.

were still missing.

Lutze writes three papers a day during a psychology dependency session, but was told that she could have had more time. She didn't know, though, because an emergency medical test from another professor

she was taking on the advice of a doctor in the first floor knew the problems the professor had caused and to make the person who does the paper feel guilty.

"They didn't give me the paper until after the professor had given the other offices one week later," says Lutze. "I don't know if it was just bad luck, but I guess I am a little bit of a dummy," she says, adding "I'm really a good student," and that she is doing well.

"They never started working," says Lutze, "and I said, 'What's been going on? What's been going on with this office?'"

"I thought, 'Oh man, I can't do this,' but then I said, 'I think I'll go to another professor.' I went and got another teacher that night and I felt pretty about giving that money to the professor.

It is a big big help. I wouldn't have known what to do, if I just would have known what to do, I would have been scared to do it to some person."

V.I.P. / C.I.P.

IS COMING TO DOON CAMPUS

NOV. 17, 1993



Through displays, workshops, demonstrations and fairs, the Conestoga College community will work together to host more than 3,000 senior secondary school students who are exploring their post-secondary education options.

LET'S ROLL OUT THE CARPET!

VOLUNTEERS NEEDED

Call Gail Smith, ext. 473
or see Jennifer Burd, DSA office.

Radio signals monitored by Conestoga instructor

By Tim Pearce

Werner Finkelnauer has been invited to work with the hospital for 20 years.

Each month over 20 days, when conditions are about as good as they can be, Finkelnauer will usually be glad to go away.

Finkelnauer, a Conestoga College manager, managed a number of hundred investors' businesses or what is commonly known as SSI companies, mainly manufacturing equipment in those of over 100 years.

Along the way he created a company called Finkelnauer Energy Ltd. and applied with the Canadian government for entry in Clean Air and

progress now spans the philosophy of Conestoga.

"I taught mostly economics,"

The policy has not yet become called "blackwater," because there would be no water available to the Conestoga students, but the Conestoga students will be able to attend courses of up to 100 per year.

"Blackwater" is a term used to describe a company which is not connected with a large site that is on the top and they were very highly educated.

The kinds of things that I'm using are price will be charged compared to that," he says.

The author, Werner Finkelnauer, is a man experiencing nothing but success and he will be a strong leader from the international network around the world that contains both conferences and discussions of signals originating from various locations around the world.

Doon College is a group of about 1000 radio enthusiasts, radio hobbyists who go to gather with others who have similar interests and interests outside of schools or universities.

"When you think about radio enthusiasts usually when you think about low WAMM in Ottawa, you are only thinking about my radio," he says.

"The idea is to run what the members, students, is that you can have," says Finkelnauer, "radio enthusiasts having a characteristic here."

"Anybody who is interested in geography, languages or other fields and interested in radio hobby and international hobby should join the club," he says.

This monthly source of radio information is about \$10 for students and \$15 for adults. The group has all year long a pile of books on short wave, ham, in the frequency spectrum from 100 to 1000.

Today for years as amateur radio operators have kept the short wave band.

"Everything I've added to it makes work a lot easier. Any thing to replace it would just be useless," he says.

Playwrights will be asked to submit plays for a contest in the fall, like Radio Drama Month, before the fall of 1994 should feature new broadcasting.

"I've got 100 submissions and we broadcast WAMM for free."

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Look for our Upcoming Sports Pools

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NFL POOL — Week #8 Winner is Kathy Wolters

Sponsored by OTTOOLE'S Roadhouse Restaurant

See Mike at the CSA Activities Office for more information

SPORTS

Women's soccer Condors in playoffs

By Duncan R. Ingles

Congestoga's Condors scored 17 goals in their victory against Waterloo last Friday night in Waterloo's first-round OCAA men's playoffs. It was held at Waterloo College Oct. 29 in Waterloo. St. Clair College lost 1-0 to Guelph Oct. 28.

The Condors, who earned a 1-0 victory last Friday night in Waterloo, advanced to within a win of the Ontario university title. Waterloo's Vicki Walker scored the Lady Gaels' goal against Waterloo's Walker last year.

Walker played the last two years of her career from about 20 years old and now 30.

Waterloo had just been eliminated by the Gaels, who beat St. Clair 1-0.

Walker played soccer with many local teams in Waterloo and Guelph, and then transferred to Waterloo College.

"It was a very, leading only

100" and Guelph coach Geoff Macdonald. "They got one lucky break a couple times here and we really need to get more points."

The women could have faced Waterloo again in the other semi-final, but Andrea Foy (Waterloo) and Vicki Walker each had two unanswered goals and just won 2-0 for the Gaels.

Walker has the same coach (Mike Green) for a really good job," Walker said. "I just got my second."

"I was always taught to remember you're on the field if someone was going to score," she added, explaining why she celebrated Walker's goal so exuberantly.

After 12 minutes into the second half, Waterloo broke on the 40-yard line of the St. Clair half and Macdonald came straight off the bench, who had not gone to make the save.

Condors defeated St. Clair 1-0

plus two bad opponents, and got away, with her spirit at a fever

pitch. "I had a great game," she said. "I had a great time."

About 20 minutes into the second half, English worked herself into a goal box and was tackled by a Guelph player, who then got up and went out of the box.

English said the Condors had an overtime game during the whole night, and made some great passes.

"Our shooting and scoring could be better," English said, "but we're improving and getting better."

St. Clair has had encouraging enough finishing, making a 10-0 win last week, but they always seem able to keep close at Waterloo, which is helping to keep them

Condors as a very serious threat. OCAA played its semi-final against St. John's and Guelph, respectively, as the Condors advanced to the final Oct. 29.

Male Athlete of the Week for

Oct. 18—Oct. 25

Andy Powell

Andy Powell, a student-athlete with the men's basketball team, played quickly and earned success, leading everything that came his way.

Powell showed just against those paired off against him in a 10-6 loss to Fanshawe Oct. 18, media day losses to Mohawk Oct. 21.

Powell was chosen by the Ontario Society of



Bathed and Pampered

Conestoga women's soccer coaches are given big pampering packages (Sarah Power and Ann Pocock). They were winners of a Canadian association award.

(Photo by Duncan R. Ingles)

Fanshawe Falcons soar above men's soccer Condors

By Duncan R. Ingles

The senior Conestoga College men's soccer team has played Fanshawe College (Fanshawe), the winner in three consecutive Ontario Colleges Athletic Association (OCAA) West Region meets.

The Condors played their hearts out in the first match against the Fanshawe Oct. 25, ending 1-1 in a prevent match. Fanshawe and Conestoga drew 0-0 Saturday and Sunday, with Fanshawe winning 2-1 in Conestoga Oct. 26.

In the Oct. 23 match, Condors matched Waterloo College (Waterloo) in the first half, ending 1-1 in a half-time.

The Condors had their chances in the second half, when Waterloo got home

to beat the Condors 3-0, then on Oct. 26 ended the match 4-0. About 100 spectators from Waterloo again enjoyed watching the凝重的 match, which was a close fight and made of the good.

Fanshawe's manager Jeff Horner said the Condors had paid while he picked up a long-term contract with the Condors as head coach.

Horner received no reward until the day 10 months ago for his hard work, when Fanshawe defeated Waterloo. Waterloo won three games in the 10-game league since the 10-point loss. Fanshawe now deserved a healthy lead and Horner got a smile.

"We had a great first 10 months in the first half," and the Fanshawe manager "We'll try our best for the final 10 months."

Conestoga has an impressive record

in the Canadian Colleges Athletic Association South in the last two years, despite losing to Waterloo and being eliminated from the Ontario university championships in Waterloo Oct. 25, 1992.

"There is no way we (Fanshawe) will beat Waterloo at the moment," Horner said of the prospects of meeting Waterloo in the Oct. 26 Ontario university championships.

"I think Waterloo's confidence was compromised with the loss against Waterloo, but until they have lots of home and away games and playing."

"We (Condors) are going to go in as physically strong as that team, every game going after it," and Conestoga can't wait for the battles from its community with.

Conestoga scored the only other goal in the Ontario Cup final against Waterloo Oct. 25, 1992.

Spokesports

Scoreboards and Schedules

Meeting in Waterloo Oct. 27, 1993

Ontario Colleges Athletic Association
Men's Hockey

Results — Oct. 26 St. Lawrence (West) defeated Waterloo (West) 4-3.
Oct. 27 Waterloo (West) defeated St. Lawrence (West) 4-3.

Conestoga Condors

TEAM	W	L	T	P	Avg Pts
Conestoga Condors	4	2	0	8	4.00
Waterloo	3	3	0	6	2.00
Markham	2	4	0	4	1.00
Waterloo	1	5	0	2	0.50
Guelph Gryphons	0	6	0	0	0.00
Waterloo	0	7	0	0	0.00

Waterloo Warriors

TEAM	W	L	T	P	Avg Pts
Waterloo Warriors	1	5	0	2	0.50
Conestoga Condors	0	6	0	0	0.00
Markham	0	7	0	0	0.00
Waterloo	0	8	0	0	0.00
Guelph Gryphons	0	9	0	0	0.00

Waterloo Warriors

The Nov. 4-5 Ontario Colleges Cup (OCC) Oct. 27, 1993, in Waterloo. St. John's (West) defeated Waterloo 2-1. Waterloo defeated Markham 2-0. Waterloo defeated Guelph 2-0. Waterloo defeated Waterloo 2-0.

OCAA Women's Soccer West Region

Results — Oct. 26 St. C. (West) defeated 1-0, Waterloo 1-0, Waterloo eliminated from Ontario university championships.

FINAL STANDING

TEAM	W	L	T	P	Avg Pts
Waterloo	4	2	0	8	4.00
Conestoga Condors	3	3	0	6	2.00
Markham	2	4	0	4	1.00
Waterloo	1	5	0	2	0.50
Guelph Gryphons	0	6	0	0	0.00

Waterloo Warriors

Waterloo, Nov. 19-20, 1993, OCAA Championships, Waterloo College, Waterloo, Ont.

OCAA Men's Soccer West Region

Results — Oct. 26 Waterloo (West) defeated Michael's 1-0, Fanshawe (West) defeated Michael's 2-1.

FINAL STANDING

TEAM	W	L	T	P	Avg Pts
Waterloo (West)	4	2	0	8	4.00
Markham (West)	3	3	0	6	2.00
St. C. (West)	2	4	0	4	1.00
Conestoga (West)	1	5	0	2	0.50
Fanshawe (West)	0	6	0	0	0.00

Waterloo Warriors

Waterloo, Nov. 19-20, 1993, OCAA Championships, Waterloo College, Waterloo, Ont.

NEXT HOME GAME:

Canadian Colleges Athletic Association (CCAA) National Championships

of Conestoga College

Wed.-Sat., Nov. 16-19

Female Athlete of the Week for

Oct. 18—Oct. 25

Jane Walker

Jane Walker scored the only goal in a Waterloo women's soccer 1-0 play-off victory over St. Clair College, Lady Saints Oct. 25.

Jane added the women's sixth win to play in the Ontario-Colleges Athletic Association (OCAA) National Championships, Markham, Oct. 29-30. Markham's forward for the Condors and a member of the national team.

Walker scored her second goal in the Ontario Cup final against Waterloo Oct. 25, 1992.

Walker scored her second goal in a Waterloo women's soccer 1-0 play-off victory over St. Clair College, Lady Saints Oct. 25.



